

VITAL SIGNS

VOL V No. 10 Naval Regional Medical Center, Orlando, Florida

1 August 1982

Hail and farewell

NRMC changes Director of Admin. Services

Hail to:

CDR W. M. Buckley, MSC, USN



On 28 June, CDR Buckley reported on-board to assume the duties as Director of Administrative Services.

CDR Buckley has twenty-three years of Naval Service and served the first seven years as a Hospital Corpsman. In September, 1966, he accepted a commission as Ensign, Medical Service Corps. His commissioned service has included duty at Naval Hospital, Jacksonville, the USS INTREPID, National Naval Medical Center, Bethesda, Naval Aerospace Medical Institute, Pensacola, Naval Hospital, Lemoore, and the Naval Hospital Patuxent River.

CDR Buckley is married to the former Suetta Porter of La Grange, Georgia. They have five children: William, 18; Robert, 17; Cleve, 14; Lynn, 8; and Melissa, 7.

Farewell to:

CDR C. R. Loar, MSC, USN



On 6 July, NRMC, Orlando bid farewell to the Loars. Captain Fout presented CDR Charles R. Loar, MSC, USN, with the Navy Commendation Medal as he and his wife, Janelle, departed for the Naval Regional Medical Center, Oakland.

CDR Loar's sphere of influence was not confined to his position as DAS. He served as preceptor for the U.S. Army - Baylor University Graduate Program for Health Care Administrators, as liaison with the component and tenant commands of Navy Orlando, as well as liaison with the civilian hospitals of Central Florida.

The staff of NRMC, Orlando extends best wishes to the Loars for "fair winds and a following sea."

Federal Women's Program Week

- Mon. 9 Aug** - KICKOFF BREAKFAST
0700 - 0800 - Buffet
\$2.60
- Tues. 10 Aug** - "WHAT YOU ARE IS WHERE
YOU WERE WHEN"
0930 - 1130 Dr. Morris
Massey
- Thurs. 12 Aug** - "WOMEN AND VIOLENCE"
1000 - 1130 Officer
Jim Bishop, Orlando PD
- Fri. 13 Aug** - "HOW TO DEVELOP AN
EFFECTIVE SF-171"
1000 - 1100 CPO Staff

So you don't smoke?



Whoooizzit?



Do you know this staff member? The answer is on Page 12.

Civilian Performance Awards

The Commanding Officer is pleased to announce the following Civilian Performance Awards which were presented during the past month:

QUALITY SALARY INCREASE
Jennifer M. Heaps, H-08

OUTSTANDING PERFORMANCE RATING (With Quality Salary Increase)
Elizabeth J. Kelly, H-32
Deborah A. Ratliff, H-19
William R. Summer, H-19

OUTSTANDING PERFORMANCE RATING (With Sustained Superior Performance)
Marion A. McGlasson, H-11
Pauline E. Woods, H-11

SUSTAINED SUPERIOR PERFORMANCE
Retta W. Chadwick, H-32
Anna C. Swartout, H-39
Jean A. Thomas, H-39
Margaret E. Walker, H-39



American Red Cross



Volunteer hours

for

June - 1,876 1/2

Vital Signs' Staff

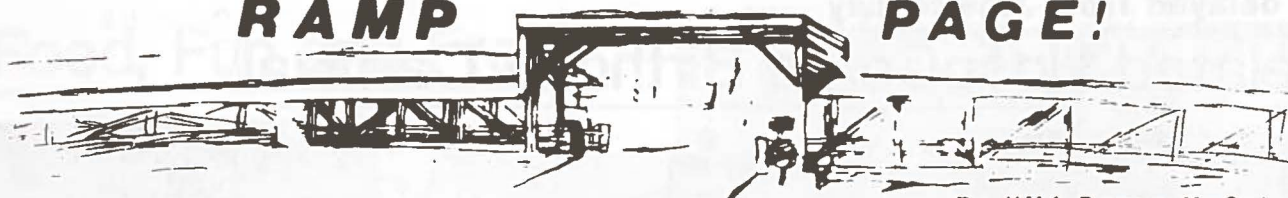
Editor:
HMCM(SS) R. C. Clements, USN
Managing Editor:
Mary V. Van den Heuvel
Nursing Service Subeditor:
LT S. W. Tudhope, NC, USN
Ramp Page Reporter/Photographer:
HM1 Bogan McQuigg, USN

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Commanding Officer: CAPTAIN L. R. FOUT, MC, USN
Editor: HMCM(SS) R. C. CLEMENTS, USN

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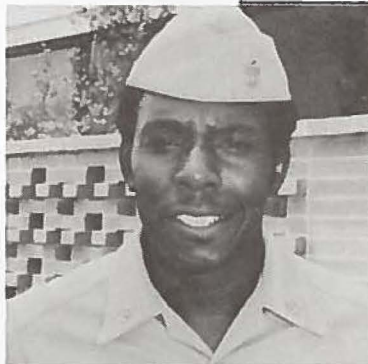
RAMP**PAGE!**

By HM1 Bogan McQuigg, USN

Have you ever given a name to any of your cars?



HM1 Larry Mullis, CPD: "I've never named one, but I've applied a few good adjectives to some of them!"



HMC Anthony Washington, Education Service: "I have 2 cars - one named 'Nellie' and one named 'Shorty'. I just named them for the %&#\$ of it!"



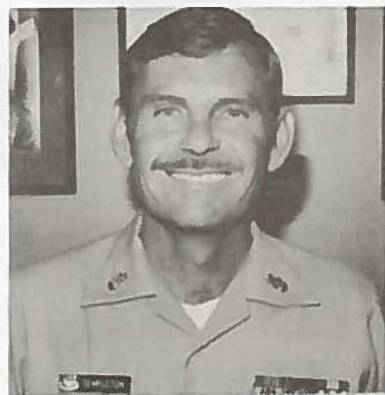
HM1 Elizabeth Waddell, Laboratory Service: "I had a '76 Pacer that I called my 'Pregnant Roller Skate!'"



Dianna Bates, HumResManSvc: "I had a '57 White Ford and my hometown police called it 'White Lightning' because I used to drag race on Main Street."



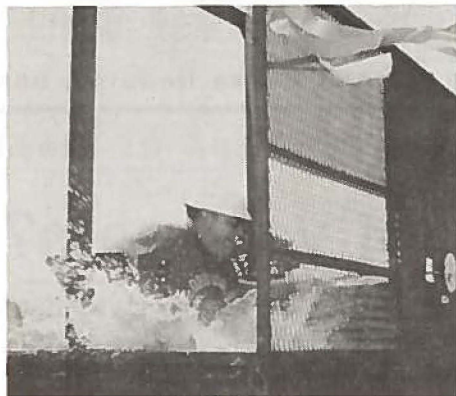
Blondeen Hammonds, Patient Affairs: "At one time, I had an old Ford - it was so weathered and decrepit, I called it 'Noah's Ark.'"



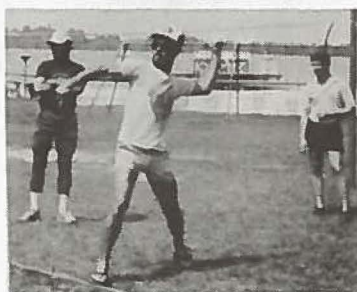
HMCM D. A. Templeton, Chief, HumResManSvc: "I had a '51 Hot-rod Ford I called 'Poor Boy' -- because I was poor all the time trying to keep it in parts!"

Rain delayed from June to July

Belated HospCorps Birthday Carnival



Food, Fun and Frolic



Vital Signs visits**Nursing Services — a professional commitment****CAPT Nickerson**

Nursing Services, understandably, is the largest service of the hospital. The Services are composed of 49 Nurse Corps officers, 29 civilian RN's, 26 civilian LPN's, 80 Hospital Corpsmen, and one secretary. Needless to say, the administrative responsibility for coordinating the paper work, work schedules, as well as the training and other personnel activities of the services is demanding.

Director of the Services is Captain Lois E. Nickerson, NC, USN. She is assisted by Captain A. Darby Reynolds, NC, USN, in charge of the Outpatient Nursing Service; CDR Joann Megonnell, NC, USN, in charge of Inpatient Nursing Service; CDR Marie P. Troseth, NC, USN, Patient Care Coordinator; HMC Francis Davidson, USN Leading Chief Petty Officer of the Outpatient Department, and HM1 Bogan M. McQuigg, USN, Enlisted Detailer for the Inpatient Nursing Service. The Secretary for the department is Mrs. Betty Mullen.

Nursing Services will be the featured service in the next several issues of Vital Signs in order that we may bring recognition to the vast number of dedicated personnel who are so vital in the carrying out of NRMC's high quality nursing care.

**CAPT Reynolds****CDR Megonnell****CDR Troseth****Mrs. Mullen****HMC Davidson****HM1 McQuigg**

Staff Journal

Navy Achievement Medals



On 1 July, Captain Fout presented a Navy Achievement Medal to LT Edmund Niec, MSC, USN, for his meritorious service as Chief, Outpatient Administrative Service, Family Advocacy Representative, and Head, Internal Review Branch. LT Niec departed for duty with Navy Recruiting, Area 4, Great Lakes, IL.



On 14 July, Captain Fout presented a Navy Achievement Medal to LT Thomas R. McCoy, MSC, USN, for meritorious service while serving as the Assistant Chief, Fiscal and Supply Service. LT McCoy has transferred to the Naval Hospital, Beaufort, SC.

A first for NRMCCivilian of the Quarter



NRMCC has inaugurated the Civilian of the Quarter Award commencing with the 2nd Quarter, 1982. Selected as the first recipient, was Mrs. Marion McGlasson, RN, Pediatric ward. On 1 July, Captain Fout presented Mrs. McGlasson with her certificate.

Frockees



Congratulations to HM3 Leeda Anderson



... and to HM3 Michael Bennett. Wife, Laura, approves.

Staff Journal (Continued)

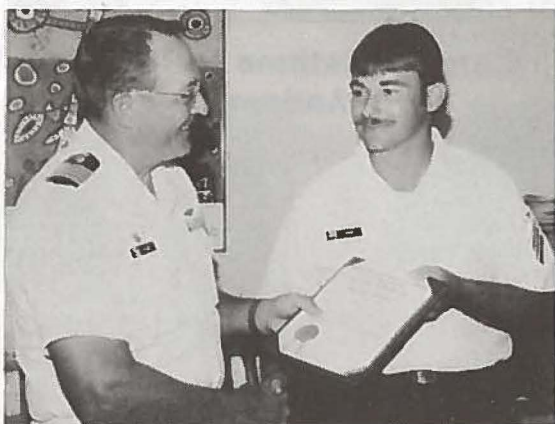
Presentations



Captain Fout presents a Letter of Commendation to CDR Willard Nettles, MC, USN, Chief of Pediatric Service, as he leaves the Navy on 15 July.



... a Letter of Commendation for CW03 Reynaldo Enderez, PA, USN, as he transfers to NRMC, Charleston, SC, on 30 June.



... a Letter of Appreciation for HN Floyd R. Kirk, USN, Fiscal and Supply Service as he transfers on 18 July to the 2nd Force Service Support Group, Camp Lejeune, NC.



... letters, plaque, retirement certificate, retirement pin..... all for CDR James Hunt, MSC, USN, Clinical Psychologist as he retires from the U.S. Navy on 1 July.



... a Letter of Commendation and a NRMC plaque for CDR Bernard Thomas, MC, USN, as he transfers to the 1st Marine Brigade, Hawaii.



... and certificates for our 500 milers! As Captain Fout reads the certificates, the attentive joggers are (left to right): CDR Robert J. Downs, NC, USN, HMI Bogan McQuigg, USN, and HMC Dana McGowan.



NURSING SERVICE



LT S. W. Tudhope, NC, USN



LAB LINE

CAPT P. E. Petit, MC, USN

It's time to go . . .

Dear Friends and Colleagues:

For the past year, it has been my pleasure and privilege to have written this column for the Vital Signs. I have tried to put my ideas and feelings into words. I hope, in some small way, I have contributed to the staff's education and enjoyment. If I have, then my sense of accomplishment will be great.

As my tour of duty in Orlando comes to an end, I have many memories to reflect upon. I have grown tremendously in my professional aspirations. I have had occasion to come in contact with various people during my association at NRMC Orlando, who have greatly influenced me professionally. I hope that during the years to come, many of these relationships will be renewed at some time, somewhere. I look forward to those future times and, as my family and I move, we are looking forward to the many new friends we will find in Charleston.

I would like to take this opportunity to thank you all for your support and friendship which you have extended to me during my tour in Orlando.

Steven W. Tudhope

Steven W. Tudhope

The Nursing Service column will now be a united effort with LT Claire M. Pagliara, NC, USN, acting as the coordinator. The September column will be written by LCDR Shirley L. Pollard, NC, USN, and future contributors will be: ENS Teresa L. Dieckhoff, NC, USNR; ENS Marilyn L. Mangum, NC, USNR; and ENS Rebecca J. McCormick, NC, USNR.

Coulter Counter updated

The Laboratory was recently able to up-grade the Coulter Counter to the latest state-of-the-art technology. The Coulter Counter is the electronic particle counter used in the Hematology Lab. In simple terms, it is the machine that does the complete blood counts (CBC). The up-grade adds two additional parameters to the CBC report. These are the absolute lymphocyte count, and the lymphocyte percentage. A partial differential will thus be printed with each CBC. The Coulter Counter works by drawing blood cells through an aperture and measuring the electronic impulse that is generated. This is how the instrument is able to distinguish between the different cell types.



HM3 Laurell Smith and HM3 Jim Gault are pictured with the video screen (CRT) component of the instrument. This provides a graphic display of the size characteristics of the red blood cells, white blood cells, and platelets. The technicians have the ability to edit the data, print certain numeric information, or use an X/Y recorder to plot cell size distributions. We are really excited about the increased instrument capability, and are eagerly awaiting the printing of a new report form. This new form will better organize the reported data and provide space for printing the new parameters. Unfortunately, the TV screen displays only test data -- no soap operas. Stop by the Lab sometime and let us show off the best in automated cell counting equipment.



CHAPLAIN'S COMMENTS

LT J. L. Doss, CHC, USN

A matter of perspective

Following her graduation from college with a degree in library science, a young woman landed the job she had dreamed of. At last, she was a professional librarian. She had loved books all of her life and now she was being paid to be around them eight hours per day; reading, examining, cataloging. One of her tasks was to process each new book as it was received. In the course of her work, she scanned a particular new book, cataloged it, and set it aside. The title did not impress her as others often did; and on the whole, the book just looked boring.

One day, not long after, the woman with her dream job met her dream man. He had walked into the library and it had been "love at first sight." While on their first date together, she mentioned that she had seen a book recently written by someone whose name was the same as her date's. The young man beamed as he replied: "That's not coincidence. I wrote that book."

As soon as she returned home from that date, the librarian picked up her office keys and headed for the library. She soon found the volume written by her friend - it was the book she had put aside before. She took it home and stayed up the rest of the night, reading the most fascinating book she had ever read.

What had transformed that book from dull to delightful? The book hadn't changed. The reader had. And, it was all because she had met the author.

The Bible is an interesting book of history, poetry, and inspiration. It is a literary masterpiece and history's all-time best seller. But what a difference knowing the author can make! When you come to know God, his word becomes a treasured book indeed.

NAVAL REGIONAL MEDICAL CENTER

ORLANDO, FLORIDA



SAILOR OF THE QUARTER

2nd Quarter, 1982



HM3 Paul Nerio, III, USN

For high example of exemplary conduct, outstanding performance, impressive military bearing, and devotion to duty.

Petty Officer Nerio has also been selected as NTC's Sailor of the Quarter!

NAVAL REGIONAL MEDICAL CENTER

ORLANDO, FLORIDA



BLUE JACKET OF THE QUARTER

2nd Quarter, 1982



HN Kimberly J. Davies, USN

For outstanding performance, personal conduct, appearance, and devotion to duty.



Master Shipwreck

HMCM(SS) R. C. Clements, USN

"... to serve our fellow man ..."

In the June issue of Vital Signs, as I concluded my article on the history of the Hospital Corps, I used the following statement from the Hospital Corps Handbook: "... whenever medical service is required, we will be there -- not only willing but prepared to serve our country and our fellow man..." On 1 July, two of our Hospital Corpsmen were called to serve a fellow man! Because of their quick response and decisive action, they saved a life!

HN Derrick Manning and HN William Stark, assigned to Division Sick Call, responded to an emergency call for a recruit in the Fourth Division, Recruit Training Command. When HN Manning and HN Stark arrived in the compartment, they found the recruit lying on the floor, surrounded by on-lookers, and in respiratory distress. They took immediate charge of the situation, initiated life saving first aid and sustained the patient's breathing until transportation to the Medical Center could be provided. Their efforts, on behalf of this patient, did not stop there. They accompanied the recruit in the ambulance and, on the way to the Medical Center, the patient endured further respiratory distress. The two corpsmen responded immediately to maintain the life of their patient.

Their life-saving efforts, quickly and methodically applied in a highly professional manner, have earned them the praise of the Commanding Officer which became a matter of official record in the Letters of Commendation which were awarded to them.

Sometimes as we follow the day to day routine of a Naval Regional Medical Center, we might begin to feel that we are burdened with a lot of mundane tasks and not an exciting life of a Hospital Corpsman we had envisioned when we first joined the Corps. But, shipmates, we are

Command Master Chief Feature

Meet another of our Enlisted Advisors



HMC Francis P. Connor, USN

HMC Connor, Laboratory Service, serves as an Enlisted Advisor to 8 junior personnel. Chief Connor came back to NRMC, Orlando for his second tour of duty on 13 November 1981. Chief Connor has over 21 years of Naval experience to enrich his counseling sessions.

The following personnel are assigned to Chief Connor: HN Arnold Burke, HN John Connor, HN Terrence Davis, HN Rayford Dennis, HM3 Ambrosio Diaz, HM1 Frank Dickens, HM3 Mark Douglas, and HA Robert Jasso.

Hospital Corps whether we are here at the Medical Center, out in the field with the Marines, serving in a ship, or serving at an overseas installation. And, wherever we are, we must be ready to serve - whenever medical service is needed.

My sincere congratulations to HN Manning and HN Stark. They have certainly brought credit to themselves, the Hospital Corps, and the United States Navy.



On Friday, 30 July, CAPT Schefstad, acting on behalf of the Commanding Officer, presented HN Stark with his letter. HN Manning was on leave and will receive his letter at a later date.



CAPT Fout's Skipper - gram

We, too, can be. . .

"A rock stands alone.

But on that rock

**can be carved a magnificent
figure;**

waiting to leap out.

Grasp your chisle of life

and begin to chip away

the masque which envelopes

your soul and hides your

heart of stone."

These words were written by a young man I know. His thoughts and dreams are expressed in but a few words. I challenge all at NRMC to be that rock. What a magnificent figure we could be!

Latest graduates



Captain Schefstad presented certificates on 23 July to the latest graduates of the Petty Officer Indoctrination Course. Left to right, front row: HM3 A. Otero, HM3 M. Grant, HM3 D. Holzschuh, HM3 J. Carlson, HM3 L. Stansbury, and HM3 M. Gugino. Back row: HM3 J. Long, HM3 M. Merwarth, HM3 R. Knapp, HM3 J. Acosta, HM3 J. LaRocque, HM3 K. Kroncke, and HM3 R. Gosselin.



CRA

NOTES

By Joyce Sienia



CRA BIRTHDAY GREETINGS TO: Oliver Bellamy on 2 Aug; Richard Weese on 3 Aug; Mary Anthony and Roberta Cohen on 5 Aug; Shirley Graham, Anne Swartout, and William Walker on 7 Aug; Henry Lewis on 10 Aug; Cheryl Evans on 14 Aug; Patricia Johnson on 16 Aug; Judith Brooke and Ida Weining on 17 Aug; Corrine Roy on 18 Aug; Ronald Johnson and Marie Willis on 21 Aug; Dorothy Pempey on 23 Aug; Charles Watson on 26 Aug; Angeline Derby and Dolores Thompson on 27 Aug; William Martin on 29 Aug; and Barbara Cheney on 31 Aug.

Captain's Call for Civilian Employees

THURSDAY, 2 SEPTEMBER

1400

DINING FACILITY

**Submit your questions or topics for
discussion, in advance, to Joyce
Sienia, Patient Affairs.**

Whooozzit

It's LT Gerald E. Noss, NC, USN, assigned to the Education Service and also rotates shifts in the Emergency Room. LT Noss is married and he and his wife, Debbie, have three children: Craig, 8 years old, Kimberly, 6 years old, and Andrew, 2 years old. LT Noss has been at NRMC Orlando for 3 years and will be leaving in January for duty at the Naval Hospital, Roosevelt Roads, P.R. LT Noss



hails from Lansing, Michigan.